

**BREAKFAST**

**DAY 4**

Cranberry Juice  
Rice Krispies  
Pancakes (Boyd’s Coffee Buttermilk Pancake Mix)  
W/Margarine & Syrup  
Sausage Link  
2% Milk (6oz.)

**COFFEE BREAK**

**LUNCH**

**BAGELS & ASSORTED MUFFINS**

Tossed Salad W/ Ranch Dressing  
Baked Cod (frozen)  
W/Lemon Wedge & Tarter Sauce  
Boiled New Potatoes (fresh)  
Sicilian Blend or Baby Carrots (frozen)  
Whole Wheat or White Dinner Roll  
Lemon Meringue Pie (frozen you cut up)  
2% Milk (6oz.)

**STAFF**

Salad Bar  
Chicken and Dumplings (frozen)  
Barbecue Beef on a Bun (make from left over  
roast beef use Sysco Classic Smoky Barbecue Sauce)  
Meat: Baked Cod W/Lemon Wedge  
Sandwich: Egg Salad (recipe)  
Soup: Chicken Noodle w/Meat (frozen)

**SUPPER**

Fresh Fruit Salad  
Sweet & Sour Chicken (frozen)  
over Rice  
& Shrimp Egg Roll (frozen)  
Creamed Chipped Beef (frozen)  
over Toast  
Baby Carrots or Cantonese Blend (frozen)  
Cream D’ Menthe Sherbet  
2% Milk (6oz.)

**AFTERNOON COOK PLEASE MAKE  
PUMPKIN PIES**

**DAY 5**

Grape Juice  
Oatmeal W/Half and Half (2oz) or 2% milk  
Buttered White Toast W/Jelly  
Scrambled Eggs  
Crisp Bacon  
2% Milk (6oz.)

**BAGELS & ASSORTED MUFFINS**

Jellied Cranberry Sauce  
Roast Turkey  
W/Dressing (Pepperidge Farm Chicken Herb pan style stuffing)  
& Turkey Gravy (LeGout)  
French Style Green Beans (frozen)  
Normandy Blend (frozen)  
Whole Wheat or White Dinner Roll  
Pumpkin Pie W/Topping (recipe for pie)  
2% Milk (6oz.)

Salad Bar  
Hamburger  
Sandwich: Ham W/Lettuce & Tomato  
Meat: Roast Turkey  
Soup: Fagioli Pasta (frozen)  
Hot Turkey Sandwich

Soup: Chicken Noodle W/Oyster Crackers  
Swedish Meat Balls (frozen)  
over Noodles  
Cold Plate: Cottage Cheese (1/4 cup) on Lettuce, One Pineapple  
Ring, Peach Half and Pear Half &.  
Tuna Salad (recipe) Sandwich  
Sicilian Blend or Broccoli Spears (frozen)  
Carrot Cake (frozen layer cake you cut up into 16 pieces)  
2% Milk (6oz.)

**AFTERNOON COOK PLEASE TAKE  
OUT HAM, 1 ROAST BEEF & CANADIAN BACON**

**DAY 6**

½ Banana  
Wheaties  
French Toast (this can be purchased frozen)  
W/Margarine Pat & Syrup  
Canadian Bacon  
2% Milk (6 oz.)

**BAGELS & ASSORTED MUFFINS**

Tossed Salad W/Ranch Dressing  
Lasagna W/Meat Sauce (frozen)  
Texas Toast (recipe)  
Spinach (frozen)  
Peas (frozen)  
Fresh Fruit Cup  
2% Milk (6oz.)

Salad Bar  
Cold Plate  
Meat: Lasagna W/Meat Sauce (frozen)  
Sandwich: Crab Croissant (recipe)  
Soup: Minestrone (frozen)

Soup: Tomato Soup w/Oyster Crackers  
Grilled Chicken Fettuccine (frozen)  
Grilled Cheese Sandwich  
Carrot Coins or Corn (frozen)  
Emerald Island (recipe)  
2% Milk (6oz.)

**AFTERNOON COOK PLEASE TAKE OUT  
PORK CHOPS. PLEASE CHECK COOKIES  
& BREAKFAST PASTRY BAKE IF NEEDED**